



The Adventurer



Weekly News About Life Enrichment, a Program of Senior Connections

Adventures In Learning

Spring is almost here, and I don't know about you, but we here at Life Enrichment are more than ready for it! So much, in fact, we've already got the front reception area all decorated. Those beautiful, sunny, warmer days at the beginning of the week have us itching to open our windows, to get out of the house and enjoy the Spring sunshine.

While we're coming to the end of our Winter quarter, and getting ready for the Spring quarter, there are still plenty of things going on here at the Mack Love building. So, here we go!

Terrific Thursdays

Terrific Thursdays will start back up on April 8, and, as usual, we have a terrific lineup of classes. We have two courses to offer during the first hour time slot of 9:30 am—10:30 am, and they are "All the Children of Abraham: The Three Desert Religions" and "Wii". Our second hour time slot (10:45 am—11:45 am) also offers two classes. They are "Great American Music: Broadway Musicals" and "Alexander the Great to Herod the Great". Terrific Thursdays will continue Woodcarving, Quilting, Oil Painting, Mah Jong, Bridge and Canasta. We will have our Lunch 'n Learn program, where lunch is included with that portion of the program. For more information

and to enroll, please see your Spring catalog.

Were You Part of Our First Lunch Chit Chat?

If you were with us on March 9, then you know how it turned out. It turned out great. If you weren't able to be with us, then you need to make sure you attend the next time. Lunch was provided by our terrific Senior Connections' kitchen. Bonny Robichaud, who is the CFO for Senior Connections, along with David Gaynes, current Senior Connections' board member and past board president of Life Enrichment, headed up the open forum. Information was shared, questions were asked and answered, along with some really super suggestions being put out on the table by our participants. It was all done informally and being able to attend myself, I can honestly say that I walked away feeling positive and upbeat. We are all looking forward to moving forward to making this place the best that it can be for all who come.

Instructor Fair

Next Thursday, March 18

Ok, so maybe you might be tired of being reminded; but we

really don't want you to miss out by not attending the Instructor Fair from 10:00 am—12:30 pm. This is one of your best chances to meet the instructors for Spring, and find out in depth about our showcase of classes. Have questions? This is the place to be. Have them answered personally by the instructor. These are really a wonderful bunch of people, and a good time is always had by all. The presentations vary and are enlightening. There will also be refreshments and gift certificates. See you there!

Travel-Aires



Upcoming Trips:

Evening of Music, Emory Jazz Combo, 3/31, \$10

Springtime in Dahlenega, 4/20, \$48

Diana, A Celebration, 4/28, \$25

For further information about our trips and membership, call Gail Shattah, Travel-Aires, at 404-321-6960. If you have not traveled with us yet, come join us! Annual membership is \$25.

Life Enrichment

Living and Learning for Life!

1340 McConnell Drive

Decatur, GA 30033

404-321-6960

www.srconn.org

Senior Connections' mission is to maximize independence for seniors through advocacy, information and services.

Added Trip to Travel-Aires Spring Lineup

Gail Shattah, Travel-Aires Director, has added another trip to the already highly anticipated lineup for Spring. On Wednesday, April 28, they will be going to see "Diana, A Celebration" which will be on exhibit at the Civic Center. They will be departing the Mack Love building at 9:30 am and return by 1:30 pm. There is also a snack bar at the Civic Center that you will be able to utilize, time permitting. Cost of the trip is \$25. If you'd like more information about this fabulous exhibit, please turn to WSB-TV this Sunday, March 14, at 7:30 pm. Call Gail today to reserve your spot for what is sure to be a memorable and beautiful exhibition.

Spring Catalog In The Mail

Keep an eye on your mailbox because the Spring 2010 "Adventures In Learning" catalog is on its way to your mailbox. We understand that some of you are already in receipt. If you want to get a jump start, you can also view it on line at our website, www.srconn.org.

Registration Process Change

Remember—starting with our Spring classes, we are going to implement a new registration process. Complete your enrollment form and turn it in prior to the start of classes, as in the past; then bring payment for the classes on the day the class begins. The only class this does not pertain to is Terrific Thursdays. For these sessions, you can pay the \$40 and include it with your enrollment prior to the of these classes.

Senior Connections Annual Senior Prom

Dancing, elegance and moonlight.

What could be more romantic? Please join us on Saturday, May 22, at the Leticia Pate Evans Hall in Agnes Scott College for this year's Senior Prom. Dinner and dancing to everyone's favorite music from the Big Band era. Black tie optional. Tickets are \$125 per couple or \$75 per individual. For more information or to order tickets, visit our website at www.srconn.org, or email Jeff Upshaw at jupshaw@srconn.org. He can also be reached at (770) 455-7602. If you'd prefer, we can also take your checks right here at Life Enrichment. All proceeds fund Senior Connections' community and home-based services.

Information Update

As you are aware, we have been calling everyone in our database to get updated information; or you may have completed a short form when you visited us. For those of you who have no telephone number listed, we will be sending you a letter in the mail, asking you to verify the information. Just like the 2010 Census slogan, "we can't move forward without you!"

Daylight Savings Time—Spring Forward

Remember to set your clocks AHEAD one hour this Sunday, March 14.

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Reflexology

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 Wed. 11:00 a.m. - 4:00 p.m.
Cost: \$50 for one hour.

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Thursdays 10:00 am—4:00 pm
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Massage Therapy

2nd & 4th Mondays
 9:15 am - 12:15 pm
 Tuesdays 9:15 a.m. - 4:30 p.m. **Cost:**
 \$25 for 30 min; \$50 per hr

Gift Certificates Available

Reiki offered 2nd & 4th Mondays, 1-4 pm, \$50 Call Patricia at (770) 498-1182